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IMPORTANT!

Due to hot parts and potential hazards this appliance is not suitable for the use of children under 8 years old. Even when off please keep the appliance and cord out of the reach of children. Children over 8 must be supervised by an adult at all times when using or cleaning the appliance. This is not a toy!

The appliance can be used by persons with reduced physical, sensory or mental capabilities if they have been given supervision and instruction and understand the use and hazards involved. Always disconnect the appliance from the socket if it is left unattended and before assembling, disassembling or cleaning. If the mains cable is damaged, it must be replaced by qualified persons in order to avoid any hazards.
FEATURES

1 Timer
2 Power Selector
3 Door
4 Roller
5 Turntable

SPECIFICATIONS
Rated Voltage: 220-240V~
Frequency: 50Hz
Rated Power: 700W
Rated Capacity: 20 L

READ THE INSTRUCTIONS AND KEEP THEM SAFE. REMOVE ALL PACKAGING BEFORE USE.
IMPORTANT SAFEGUARDS

WHEN USING ANY ELECTRICAL APPLIANCE, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED, INCLUDING THE FOLLOWING:

1. Read all instructions carefully before using the appliance.
2. **This appliance is intended for household use only. It is not suitable for commercial use such as kitchen areas and other working environments.**
3. Ensure that the appliance and mains cable are always placed on a firm and flat surface, away from the edge of the worktop and out of reach of children. Do not place the appliance onto a metal tray or metal surface whilst in use. Do not place the appliance on, or near, hot gas or electric burner or in a heated oven. Do not operate the appliance with wet hands or barefoot.
4. Route the mains cable so it does not overhang, and cannot be tripped over or caught.
5. Do not let the mains cable run across an open space, such as between a low socket and a table, or across any hot area, such as cooker, the heat may damage it.
6. The connections on both sides of the mains cable (the appliance and socket) should never be strained. If the mains cable is damaged it must be replaced by a qualified person or service to avoid any hazards.
7. **Do not use the appliance in a bathroom, near water, or outdoors. Do not immerse any of the parts (appliance, mains cable, plug) in water or other liquids to protect against fire, electric shock and personal injury.**
8. **Do not use the appliance if it is damaged or is malfunctioning. Do not leave the appliance unattended whilst in use. Use and store it out of reach of children.**
9. This appliance must not be operated by an external timer or a remote control system.
10. **SQ Professional Ltd may not be held liable for eventual damages to persons, animals or objects caused by incorrect installation or deriving from improper, erroneous or unreasonable use.**
11. **Do not use the microwave oven for any reason other than preparing food.**
12. **Do not cover the rear ventilation slots with cloths or paper. The cloths or paper may catch fire as hot air is evacuated from the microwave oven.**
13. **Never place the microwave oven near TV or electronic devices as it can cause interference.**
14. Always ensure that there is at least 30cm open space above the top surface of the oven and 10cm clearance between each side of the oven and any adjacent wall.
15. **Do not install microwave oven over a cooktop or other heat-producing appliance or inside a cupboard.**
16. Ensure that the turntable and roller are in place when using the microwave oven.
17. **Do not operate the microwave when empty. Operating the oven with no food or food that is extremely low in moisture can cause fire, charring or sparking.**
18. **Always allow appropriate resting time after oven has switched off to allow the heat to be distributed evenly throughout the food.**
19. When opening the door stand at arm’s length to avoid scalding with steam or hot air. Use oven gloves when removing any cookware from oven to prevent burning or scalding.
20. Do not overcook food. If paper, plastic, or other combustible materials are used in the oven check the food in regular intervals.
21. **Do not use any metal cookware or accessories in the microwave oven. Always use microwave safe containers and leave an opening or pierce pouches and foil covers to allow the steam to escape.**
22. **Never use corrosive chemicals or vapours in the microwave oven.**
23. **Do not cook any food in pouches, bags or wraps, such as egg yolks, potatoes, chicken livers, ready-made meals without piercing them several times with a fork.**
24. **Remove twist wires from bags before placing them into the microwave oven.**
25. **Do not use the microwave oven for any purpose other than its intended use.**
26. **Never leave the microwave oven unattended while it is cooking.**
27. **Microwave oven could be harmful for people wearing pacemakers.**
28. **If the door or the door seal is damaged, the microwave oven must not be operated until it has been repaired by the manufacturer, or authorised person or service centre in order to avoid hazard.**
29. **Ensure that the turntable or roller are not cracked, chipped or broken. If that happens always contact your nearest authorised service centre.**
30. **Clean the microwave oven regularly to ensure that any food deposits are removed.**
31. **If materials inside the oven catch fire, keep the microwave oven door closed, turn the oven off at the wall switch, or shut the power off at the fuse or circuit-breaker panel.**

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE!
AVOIDING EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

FAILURE TO OBSERVE THE FOLLOWING SAFETY PRECAUTIONS MAY RESULT IN HARMFUL EXPOSURE TO MICROWAVE ENERGY.

1. Under no circumstances should any attempt be made to operate the microwave oven with the door open or to tamper with the safety interlocks (door latches) or insert anything into the safety interlock holes.
2. Do not place any object between the microwave oven door and front face or allow food or detergent residues to accumulate on sealing surfaces. Ensure that the door and door sealing surfaces are kept clean by wiping after use with a damp cloth and dried with a soft cloth.
3. It is important that the microwave oven door closes properly and that there is no damage to the door, power cable, door hinges, and door seal.

INSTALLING YOUR MICROWAVE OVEN

1. Remove all the packaging materials from inside the oven. Place the roller on the bottom of the microwave and turntable on top of it. The microwave oven weighs approximately 10kg and it should be placed on a stable horizontal surface, strong enough to support this weight.
2. The microwave oven must be placed away from high temperatures and steam or damp surroundings.
3. Make sure there is adequate ventilation for your oven by leaving at least 10cm of space behind and, on the sides of the oven and 20cm of space above and 85cm of the floor.

OPERATING INSTRUCTIONS

NOTE: MICROWAVE OVEN WILL START COOKING FOOD ONCE THE TIMER IS TURNED.

The microwaves are evenly distributed and absorbed by the food up to a depth of approximately 2.5cm as the glass turntable revolves. This ensures that the food is evenly cooked. Cooking continues as the heat is dissipated through the food. Cooking times will vary according to the food temperature at the start of cooking, the recipe and the density, weight and water content of the food.

1. Put the food to be cooked or defrosted into a suitable microwave-safe container then place it in the middle of the turntable and close the door. Ensure that the turntable sits snugly on the roller.
2. Turn Power Selector to the required power level.
3. Select required cooking time by turning the Timer past the 5 minutes mark and then return to the correct timing.
4. If the door is opened during cooking, the microwave oven will automatically stop working. Cooking will continue after the door is closed.
5. After removing the food from the microwave oven always return the Timer to zero position.

IMPORTANT

- Use only the specified bag size when microwaveable popcorn.
- Do not cook any food directly on the turntable as it will make parts of the turntable very hot which can cause it to break.
- Eggs in their shell and whole hard-boiled eggs should not be heated in microwave ovens as they may explode.
- Heating baby bottles or baby food in the microwave oven is not advisable as uneven heating may occur which could cause scalding when feeding the baby. The contents of feeding bottles and baby food jars must always be well stirred or shaken and the temperature must be carefully checked before consumption to prevent burns.
- Do not heat narrow-necked containers, such as syrup or sauce bottles.
- Do not attempt to deep-fry in your microwave oven.
- This microwave oven is not suitable for home canning as it is impossible to ensure that contents have reached boiling temperature.
- Microwave heating of beverages can result in delayed eruptive boiling, therefore great care must be taken when handling the container.

CARE AND MAINTENANCE

CAUTION: DO NOT USE ABRASIVE, HARSH CLEANERS OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN. DO NOT REMOVE THE WAVEGUIDE COVER.

OVEN EXTERIOR

1. Wipe the exterior of the microwave oven with a damp cloth, and dry it with a soft cloth.
2. Wipe the glass panel on the door with a damp cloth until it is clean. Avoid using excessive amounts of water to clean the oven control. Do not use chemical or abrasive cleaning agents.
3. To remove all traces of dirt, regularly clean both sides of the door, the door seals and sealing surfaces with a soft, damp cloth.

OVEN INTERIOR

1. Wipe any splatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use a mild detergent and wipe several times with a damp cloth until all residue is removed.
2. Ensure that detergent or water does not enter the perforation in the cavity walls which may cause damage to the oven.
3. Wash the turntable and the roller in warm soapy water.
4. To remove odours from your microwave oven adding 1 cup of cold water (250ml). Microwave for 5 minutes, wipe thoroughly and dry with a soft cloth.

TEST YOUR UTENSILS FOR USE IN MICROWAVE OVEN

1. Place the utensil into a microwave-safe container filled with 1 cup of cold water (250ml).
2. Cook on maximum power for 1 minute (do not exceed 1 minute cooking time).
3. Carefully feel the utensil. If the utensil is warm, do not use it for microwave cooking.
WIRING
This appliance is earthed. Should the power cable or the power plug become damaged, arrange for these to be replaced by Customer Service or qualified person before continuing to use the appliance. This appliance is fitted with a 13A BS1362 fuse in a 13A BS 1363 plug.
Do not use a non-wireable plug unless the fuse cover is in place.

ENVIRONMENTAL PROTECTION
To avoid environmental and health problems due to hazardous substances in electrical and electronic goods, appliances marked with this symbol must not be disposed of with unsorted municipal waste, but recovered, reused or recycled.

SERVICE
The product is not user-serviceable. If it is not working, read the instructions, check the plug fuse and main fuse/circuit breaker. If it is still not working, consult your retailer. If that does not solve the problem ring Customer Service – they may be able to offer technical advice. Please have the Model Number to hand, as they will not be able to help you without it.
If you are advised to return the product to us, pack it carefully, include a note with your name, address, day phone number, and description of the problem.
If under a guarantee, say where and when it was purchased and include a valid VAT receipt. Send it to SQ Professional Ltd.

GUARANTEE
THE GUARANTEE FOR THIS PRODUCT IS COVERED BY SQ PROFESSIONAL LIMITED. ANY FAULTS WITH THIS PRODUCT ARISING THROUGH A MANUFACTURER DEFECT WILL BE COVERED FOR 1 YEAR FROM THE DATE OF PURCHASE, SUBJECT TO A VALID VAT RECEIPT BEING PRESENTED. THIS DOES NOT INCLUDE FAULTS OR DAMAGE CAUSED BY MISUSE OF GENERAL WEAR AND TEAR.
PLEASE CONTACT CUSTOMER SERVICES ON 01992 716 070 OR SEND AN E-MAIL TO INFO@SQPROFESSIONAL.COM, MONDAY TO FRIDAY FROM 09:30 - 17:30.
THIS DOES NOT AFFECT YOUR STATUTORY RIGHTS.

MICROWAVE POWER CHART

<table>
<thead>
<tr>
<th>POWER LEVEL</th>
<th>OUTPUT (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW</td>
<td>17%</td>
</tr>
<tr>
<td>MEDIUM LOW</td>
<td>36%</td>
</tr>
<tr>
<td>MEDIUM</td>
<td>55%</td>
</tr>
<tr>
<td>MEDIUM HIGH</td>
<td>77%</td>
</tr>
<tr>
<td>HIGH</td>
<td>100%</td>
</tr>
<tr>
<td>DEFROST</td>
<td>36%</td>
</tr>
</tbody>
</table>

MICROWAVE-SAFE CONTAINERS
ALL CONTAINERS MUST BE CHECKED IF SAFE TO USE IN MICROWAVE. IF UNSURE, DO NOT USE.

<table>
<thead>
<tr>
<th>CONTAINER</th>
<th>MICROWAVE-SAFE</th>
</tr>
</thead>
<tbody>
<tr>
<td>BROWNING PLATE</td>
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</tr>
<tr>
<td>CHINA &amp; EARTHENWARE</td>
<td>YES</td>
</tr>
<tr>
<td>DISPOSABLE POLYESTER*</td>
<td>YES</td>
</tr>
<tr>
<td>CARDBOARD DISHES*</td>
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</tr>
<tr>
<td>OVEN TO TABLEWARE GLASS</td>
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</tr>
<tr>
<td>FINE GLASSWARE</td>
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</tr>
<tr>
<td>GLASS JARS</td>
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</tr>
<tr>
<td>PLASTIC CONTAINERS*</td>
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</tr>
<tr>
<td>CLING FILM*</td>
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</tr>
<tr>
<td>MICROWAVE-SAFE FREEZER BAG</td>
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</tr>
<tr>
<td>PAPER PLATES, CUPS &amp; NAPKINS</td>
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</tr>
<tr>
<td>ALUMINIUM FOIL</td>
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<tr>
<td>PAPER BAGS OR NEWSPAPER</td>
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<tr>
<td>FREEZER BAG TWIST TIES</td>
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</tbody>
</table>

* CHECK REGULARLY TO PREVENT MELTING OR COMBUSTION!
SCAN THE QR CODE TO EXPLORE OUR FULL PRODUCT RANGE.

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